

December 2016

RADFORD ROADRUNNERS
200 GEORGE STREET
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www.radfordva.gov/359/seniors

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VAN TRIPS WITH THE RADFORD ROADRUNNERS

Thursday, December 1, 2016—11:15 a.m.

Christmas at Wohlfahrt Haus.

Thursday, December 8, 2016 at 9:00 a.m.

Hamrick's, Roanoke, VA. Breakfast on your own at Cracker Barrel. Transportation fee: \$3.00.



AARP Potluck Luncheon

The Radford Chapter AARP will be held on the third Wednesday of every month at 12:30 p.m. until 2:30 p.m. 12:30-1:30 lunch, 1:30-2:00 business. Fellowship. For further information please contact President Buster Weeks at 639-1788 or Vice President Audrey Caldwell at 731-5517.

BRIDGE

Bridge will be played every Monday at 10:00 a.m.—1:00 p.m. For further information please contact Audrey Caldwell at 731-5517.

Basic Crochet Classes



Radford Parks & Recreation Department will offer Basic Crochet Classes each Friday at 12:00-2:00 p.m. with Instructor Debbie Lancaster. Participants must provide their own thread and crochet needle. For further information, please contact Audrey Caldwell at 731-5517.

Free Tatting Class

Radford Senior Center will offer a **Free Tatting Class** on Wednesday, **December 14, 2016** at 1:00-3:00 p.m. with Instructor, Lois Banyai.

***This class will take you from an absolute beginner to a competent shuttle tatter...Make your own doily, greeting card, jewelry, flower etc.**

Please contact Audrey Caldwell at 731-5517 for further information.



Scrapbook Classes

Scrapbook Classes will be offered on **Wednesday, December 7, and 28, 2016** at 10:00 a.m.-5:00 p.m. Come by and enjoy scrapbooking all day with leader Lynn Wright. For further information please contact Audrey Caldwell at 731-5517.

Friday Blood Pressure Clinic



Staff from Carilion Home Health Care will be at the Radford Senior Center on the first Friday of every month from 9:00-10:30 a.m. to do a blood pressure screening. For further information, please contact Audrey Caldwell at 731-5517.

Wednesday Blood Pressure Clinic

Staff from Intrepid Hospice will be at the Radford Senior Center every second and fourth Wednesday of every month at 10:30 a.m.—11:30 a.m. to do a free Blood Pressure Clinic. For further information, please contact Audrey Caldwell at 731-5517.

Quilting

Radford Senior Center will offer free quilting every Monday at 9:00 a.m.—12:00 noon. For further information, please contact Audrey Caldwell at 731-5517.

Adult Coloring

Who doesn't like to color? Whether you prefer colored pencils, crayons or markers; adult coloring is the newest craze. A great way to relax, socialize and chit chat with others while coloring. We will provide the coloring materials, colored pencils, crayons and markers. Join us on Thursday December 15, 22, and 29, 2016 at 10:00 –12:00 noon.

Quilting Class: Cathedral Pattern

Do you have scrap fabric lying around? If so, come join Radford Senior Center every Thursday at 12:00-2:00 p.m. and learn how to sew your own projects with quilting instructor Becky Kirby. Participants must provide 4 (8 inch muslin), 4-6 (2" inch fabric squares) of your choice, and basic sewing supplies such as thread, needle etc. For further information, please contact Audrey Caldwell at 731-5517.



WATERCOLOR CLASSES

Radford Senior Center will offer "Art of the Watercolor Miniature" with Instructor Harriet Anderson. Fee will be \$7.50 per person, per class. Classes meet on Friday, **December 2, 9, 16, 29, 30, 2016 at 10:00 a.m.**



SILVER SNEAKER FITNESS PROGRAM

Radford Parks and Recreation offer Silver Sneaker Fitness Classes every Monday and Wednesday at 11:45 a.m.-12:20 p.m.

Fee: \$15.00 Resident \$25.00 non Residents

FREE TO ALL SILVER SNEAKER MEMBERS

For further information, please contact Audrey Caldwell at 731-5517.

MEDICARE COUNSELING

Buster Weeks will be available to answer any Medicare, Advantage Plans, Supplements and Part-D questions you may have by appointment only. For further information, please contact Audrey Caldwell at 731-5517.



2016/2017 Wohlfahrt Haus

Radford Senior Center will visit The Wohlfahrt Haus on the following dates:

Hank Williams Lost Highway (fee: \$41.00)

Thursday, February 23, 2017

Buddy Holly Story (fee: \$41.00)

Thursday, April 20, 2017

Then Sings my Soul (fee: \$41.00)

Thursday, June 29, 2017

Million Dollar Quartet (fee: \$41.00)

Thursday, August 24, 2017

Ragtime the Musical (fee: \$41.00)

Thursday, October 19, 2017

A Wohlfahrt Haus Christmas (fee: \$45.00)

Thursday, December 7, 2017

For further information, please call Radford Senior Center at 731-5517.

Ceramic Classes

Radford Parks and Recreation offer Ceramic classes every Tuesday beginning at 10:00 a.m. Participants are invited to bring a covered dish to share with others during lunch. **Table fee: \$2.00.**

Triad

Triad meetings will be held every second Wednesday of every month at 10:30-11:00 a.m. Come on out and listen to Sheriff, Mark Armentrout discuss the latest issues or scams that involve the senior population. A special guest speaker will be presented each month. Each participant has an opportunity to win a door prize. For further information please contact Audrey Caldwell at 731-5517.

Stampin' Up Class

Come join us at Radford Senior Center on Thursday, **December 15, 2016** 10:00 a.m.—12:00 noon and see for yourself how beautiful these greeting cards are. Jo Johnson, Stampin' Up Demonstrator will help you inspire, create and share your beautiful card creations with this Stampin' Up class. Fee: \$12.00. **Registration is required.** This program is being co-sponsored by Christiansburg Parks & Recreation. For further information, please contact Audrey Caldwell at 731-5517 or Tammy Caldwell at 382-2349.



Free Basic Knitting Class

Learn to make a dishcloth or a scarf to keep you warm. Radford Senior Center will offer free basic Knitting Classes every Friday at 9:00-11:00 a.m. with instructor Debbie Lancaster. Participants must bring size 8 knitting needles and their own thread. For further information, please contact Audrey Caldwell at 731-5517.

Santa's Helpers Gift Wrapping

Stop by Radford Senior Center on Tuesday, December 6, 13, and 20, 2016 at 1:00-2:00 p.m. and let Santa's helpers get you ready for Christmas this year.

Radford Senior Center will offer free gift wrapping for up to three gifts per person. If you have more than three gifts, please supply your own paper, name tags and bows.



Co-Sponsored Programs

Hobo Soup

Christiansburg Parks & Recreation Center will offer Hobo Soup Bingo on **Tuesday, January 24, 2017** at 12:00 noon. Participants must bring your favorite ingredient to add to our pot of soup. Grilled Cheese and Peanut butter sandwiches, drinks and desert will be provided. Bring 4 quarters for bingo prizes. All interested participants must be pre-registered by **January 18, 2017**.

Winter Birding

Bill Sydor, naturalist will present a power point presentation about local winter birds. Following the presentation you will have an opportunity to learn creative ways to make wildlife treats for trees, a great way to view winter birds, and provide them with the nutrition they need in cold weather. Meadowbrook Community Center, **Thursday, January 26, 2017**. Registration deadline is **January 23, 2017**. Free

St. Patrick's Day Bingo

Join us as we celebrate St. Patrick's Day with food and bingo on Friday, **March 17, 2017** at 11:00 a.m. at Christiansburg Recreation Center. Participants must bring 4 quarters for bingo. Fee: \$4.00 plus (4 quarters for bingo), registration deadline: **March 31, 2017**.

Fun with Acrylics

Painting with acrylics is easy, fun and rewarding. Within a couple of hours a local artist, will give you step-by-step instructions; you will paint and take home your own masterpiece of whimsical daisies. No painting experience necessary. Participants are to bring their own black canvas on **Thursday, March 16, 2017** at Meadowbrook Community Center, paints will be provided. Registration deadline is **March 9, 2017**. Free

Christmas Word Search

E N A C Y D N A C H T A E R W S S
T H I S S N O I T A R O C E D H Y
E G G N O G M E H E L H T E B E O
G I F T S F R U I T C A K E T P T
R E G N A M H F R I E N D S F H S
S L T R E E I E C S C S R R S E E
T S H N E G A S A A E A A A T R J
H A R A S E N N T L N N R A T D E
G I E G S E T I C L K D K O G S S
I T E G L A K I K I E S L O L T U
L T W O B E C A N C O T L E N S S
F E I B E I I C L G O D O E S N J
A S S O L L E R A F C T M E M O O
M N E T L N B N B N W A S Y A W S
I I M T S O G A B A N O R E R M E
L O E E J E O L T R G R N D Y A P
Y P N Y L L O H O S H L Y S S N H

Angel
Bells
Bethlehem
Candles
Candy Cane
Carols
Decorations
Eggnog
Family
Frankincense
Friends
Fruitcake
Gabriel
Gifts
Gold
Greeting Cards
Holly
Icicles
Jesus
Joseph
Lights
Manger
Poinsettia
Santa
Shepherds
Skates
Sleigh
Snowflakes
Snowman
Stable
Star
Stocking
Three Wise Men
Toboggan
Toys
Tree
Wreath

2016

December



Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1. 11:15 a.m. Wohlfahrt Haus 12:45 p.m. Thursday Bridge 12:00-2:00 p.m. Cathedral Pattern Quilting Class	2. 9:00 a.m. Free Knitting Class 9:00 a.m. Free Blood Pressure Clinic 10:00-12:00 Noon Watercolor Class 12:00-2:00 p.m. Free Crochet Classes	3.
4.	5. 9:00 a.m. Senior Walk 9:00 a.m. Quilting 10:00 a.m. Bridge	6. 10:00 a.m. Ceramic Class 1:00-2:00 p.m. free gift wrapping 	7. 10:00-5:00 Scrapbooking Class 12:00 noon NRV Ladies Bridge	8. 9:00 a.m. Van Trip Hamrick's 12:00-2:00 p.m. Cathedral Pattern Quilting Class	9. 9:00 a.m. Free Knitting Class 10:00-12:00 Noon Watercolor Class 12:00-2:00 p.m. Free Crochet Classes 	10.
11.	12. 9:00 a.m. Senior Walk 9:00 a.m. Quilting 10:00 a.m. Bridge	13. 10:00 a.m. Ceramic Class 1:00-2:00 p.m. free gift wrapping	14. 10:30 a.m. Triad 10:30 –11:30 a.m. Free Blood Pressure Clinic 12:30 p.m. Wednesday Bridge Club 1:00 p.m. Free Tatting	15. 10:00-12:00 Noon Stampin Up 10:00 –12: noon Adult Coloring Class 12:00-2:00 p.m. Cathedral Pattern Quilting Class	16. 9:00 a.m. Free Knitting Class 10:00-12:00 Noon Watercolor Class 12:00-2:00 p.m. Free Crochet Classes	17.
18.	19. 9:00 a.m. Senior Walk 9:00 a.m. Quilting 10:00 a.m. Bridge	20. 10:00 a.m. Ceramic Class 1:00-2:00 p.m. free gift wrapping 	21. 12:30 p.m. Radford Chapter AARP Luncheon Fellowship	22. 10:00 –12: noon Adult Coloring Class 12:00-2:00 p.m. Cathedral Pattern Quilting Class	23. 9:00 a.m. Free Knitting Class 10:00-12:00 Noon Watercolor Class 12:00-2:00 p.m. Free Crochet Classes	24. Christmas Eve
25. Merry Christmas 	26. 9:00 a.m. Senior Walk 9:00 a.m. Quilting 10:00 a.m. Bridge	27. 10:00 a.m. Ceramic Class	28. 10:00-5:00 Scrapbooking Class 10:30 –11:30 a.m. Free Blood Pressure Clinic 12:00 noon NRV Ladies Bridge	29. 10:00 –12: noon Adult Coloring Class 12:00-2:00 p.m. Cathedral Pattern Quilting Class	30. 9:00 a.m. Free Knitting Class 10:00-12:00 Noon Watercolor Class 12:00-2:00 p.m. Free Crochet Classes	31. New Year's Eve 